



Pre-Sale FAQs

When will my membership activate?

On our official opening day in mid-October.

Can I pause my membership?

Yes! Annual memberships can be paused twice a year (up to 1 month each time, or combined into 2 months).

What kind of classes do you offer?

Strength, circuit training, HIIT, Pilates, Yoga & more! Babies are welcome in all group fitness classes. If your little one is on the move, you can book them into the Baby Gym (child minding).

What will the class schedule be?

We're open every day! Classes run mornings, afternoons & evenings, from 6:15am–8:15pm.

Will there be Open Gym?

Yes, open gym hours will be available on a membership basis. The hours will be determined based around the class schedule. We will have squat racks, cardio equipment, dumbbells, kettlebells, cable machines and more! More info to come.

How does child care (Baby Gym) work?

Available Mon–Fri, 9:15am–12:15pm. Cost: \$6.50–\$10 depending on membership/drop-in.

How does the Kids Zone work?

Weekend classes for kids run at the same time as adult classes + weekday free play hours. Packs & memberships available.